Exercise and Technology

Technology can track your activity, create a great workout playlist, keep you organized and teach you new moves. Did you know that “Sitting” is the new smo

FITNESS ACTIVITY TRACKERS

Fitness Activity Trackers are a new way to track your physical activity and they continue to improve. Research has shown that people who wear one MOVE MORE. Fitness Trackers are very sophisticated and can measure anything from your walking to your sleep patterns.

FITNESS AND NUTRITION APPS

A smartphone can be very helpful in tracking your fitness and nutrition goals.
If you are social you can also connect to a community of people. If you go to your IPhone or Android app store and type in Fitness, it will give you many options that are user friendly and fun to use.

Helpful Websites:
http://www.pcmag.com/article2/0,2817,2404445,00.asp: How to choose the right fitness tracker.
http://greatist.com/fitness/best-health-fitness-apps
http://www.digitaltrends.com/mobile/best-fitness-apps-for-android/

Top Fitness Trackers

1. Fitbit Charge
2. Garmin Fore-runner
3. Fitbit Blaze
4. Misfit
5. Apple Watch